

# Self esteem Worksheet #2.4

Try to find out-

do you have any sorts of strategy or rules or assumptions to help you feel better about yourself. If your answer is yes What behavior\* we do to feel better or what do you do to obey your rules or standards and assumptions for living?

By the way-

we know that, almost always, our rules & assumptions Guide our behaviors on a day-to-day basis.

Say , one of your rules is -"I must not make any mistakes at all." This rule will guide your behaviour –

how? .. May be you will be very careful and check your work more than once , maybe many times So that noboy can critcize you. And thus you feel good about your self.

\*Behaviours- like

- Maybe you try very hard to be perfect at everything
- avoid getting too close to people.
- Eat less food and exercise a lot to stay slim to be acceptable to others.
- avoid doing anything too challenging
- do what it takes to please people
- List can go on and on.....

For more help see the article <http://www.self-esteem-tips.com/low-self-esteem/what-cause-low-self-esteem-in-us/>

Write your thought here , based on your finding- try to answer the side questions- take your time- please complete-

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